

Types of Speech

Depending on the client's personality, the treatment, and what is being discussed, the client may use one or more talking styles during a session (Westland, 2015).

Use the following prompts to become more aware during counseling by identifying and reflecting on the different styles used by the client and considering what they may mean.

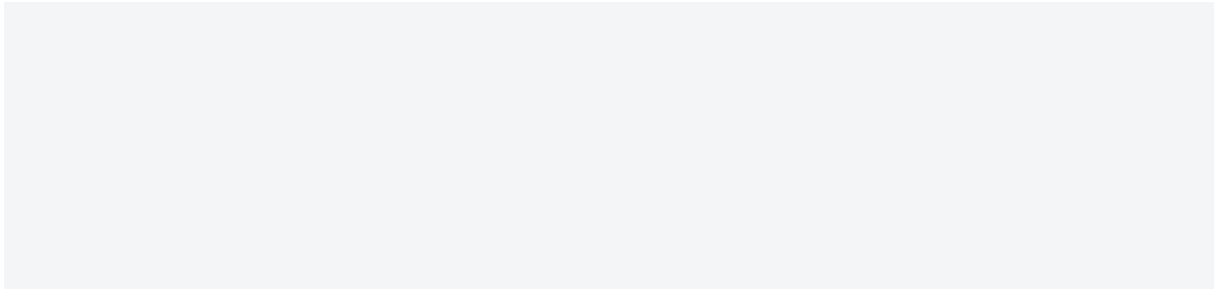
Reflect on a recent session with a client and consider the following:

Did the client talk at any point in a **monotone** – a single note? Could this be because the client was anxious, insecure, or avoidant?

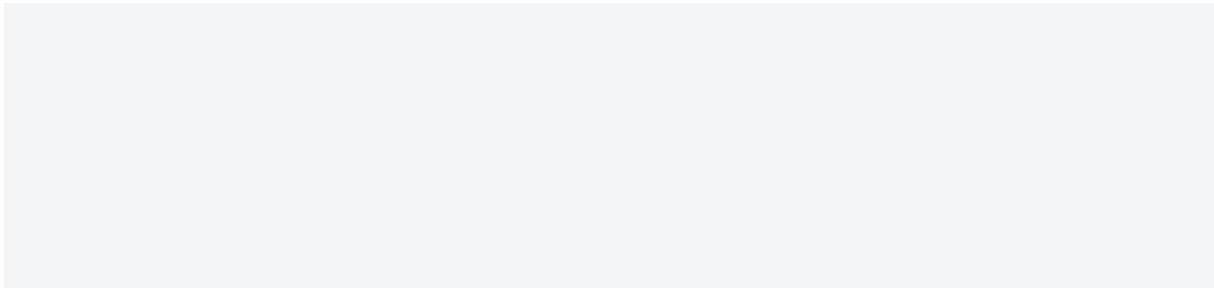
Did the client talk at any point on the **horizontal**, meaning their words were monotonous and seemed to fill the space? The client may be friendly but are not sharing their inner selves.

Did the client talk in an **enticing** and **enthralling way**? Was the client good at telling a story without sharing what was going on underneath?

Did the client talk in a friendly yet circular way, **never getting to the point**? This can leave you frustrated, unable to get to the answer.



Did the client talk like a **runaway train**? The client is in a rush, unable to get the words out fast enough. They may be insecure and ambivalent – seeking attention while remaining resistant to contact.



Reflect on each answer and consider whether the client's style is sharing more than their words.

References

- Westland, G. (2015). *Verbal and non-verbal communication in Psychotherapy*. New York: W.W. Norton & Company.

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